

CREATIVE RESONANCE - A Reflection On How Art Moves You

PICK AT LEAST 5 TO ANSWER (feel free to respond to all of them)

NEURO ARTS IN PRACTICE – Rus Devorah Wallen, LCSW, ACSW, CIMHP

1. Have you ever listened to music that gave you chills or brought you to tears? What do you think caused that reaction?
2. Have you ever looked at a painting or sculpture and felt deeply connected to it? Can you describe the feeling?
3. When was the last time you felt a sense of awe while watching a performance, such as a play, dance, or concert?
4. Have you ever felt your mood shift—either positively or negatively—because of a song or melody?
5. Can you recall a time when creating something (writing, drawing, etc.) helped you process an emotion or situation?
6. Have you ever been so immersed in an artistic experience (music, film, or a book) that you lost track of time?
7. Have you ever felt more relaxed or at peace after coloring, doodling, or engaging in another simple creative activity?
8. Have you ever associated a specific memory or person with a song or a piece of art? How does it make you feel?
9. When walking in nature, have you ever felt that the scenery itself was like a painting or a masterpiece?
10. Have you ever visited a museum, gallery, or exhibit and felt inspired or motivated to create something of your own?
11. Do you have a favorite movie scene, song, or image that resonates with you on a personal or emotional level? Why?
12. Have you ever found relief from stress by engaging in a creative activity, like cooking, gardening, or photography?
13. Can you think of a time when listening to a live performance felt more moving or different than a recording?
14. Have you ever danced or moved to music and felt an emotional or physical release?
15. Do you have a favorite type of music or art that you turn to during hard times? How does it help you?
16. When looking at a vibrant sunset or starry sky, do you ever feel as though you’re witnessing a work of art?
17. Did you ever share an experience (singing, drawing, or visiting a gallery) with someone and felt more connected to them?
18. Have you ever seen a film or read a book that profoundly changed how you view the world?
19. Do you enjoy designing or decorating your living or workspaces? How does that creative process impact your mood?
20. Can you think of an art form or creative outlet that you loved as a child but haven’t revisited in a long time?
21. Have you ever experienced a work of art that challenged you or made you question your beliefs?
22. Have you ever noticed how the colors, shapes, or patterns in your environment influence your feelings or focus?
23. Have you ever sung or played an instrument (even casually) and felt like it shifted your emotional state?
24. Can you think of an artwork, song, or creative project that made you feel part of something larger than yourself?
25. If you had unlimited time and resources, is there an artistic skill or creative activity you would love to explore?